

All Aboard for Kindergarten

Parents, Help Your Child to:

Be familiar with books: is read to; knows how to hold a book and turn the pages

Make a special book area in your home where your child can go to "read" or look at books quietly.

Talk to your child about how to care for books. Show how to turn the pages gently.

Ask your child to pick a book and read together. When reading, talk about the pictures and characters.

With familiar books encourage your child to repeat phrases that are predictable (such as in the Three Little Pigs—"I'll huff and I'll Puff, and I'll blow your house in!")



Recognize his/her name; write his/her name using a capital for the first letter and lower case for the remaining letters

To help your child recognize his/her name in print, make name cards and place them around the house where your child will see them often.

Help your child write his/her name on paper. Show how to start with a big letter (capital letter) and use lower case letters for the rest.

The Handwriting Without Tears web site <http://www.hwtears.com/hwt> has free letter formation charts under "Parent Extras."



Recognize the 8 basic colors (red, orange, yellow, purple, green, blue, brown, black)

Hunt for colors in your house – ask your child to find something in your house that is red, then orange, etc.

Take your child to the grocery store, as you pick out fruits and vegetables, have your child name the colors.

Sort laundry together by colors

Play "Object Hunt". Describe objects in your house using colors as part of the description. Ask your child to find each one after listening to the clues. For instance, "I am thinking of something that is round and red" (ball).

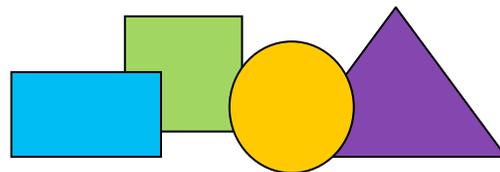


Recognize the 4 basic shapes (circle, rectangle, square, triangle)

With your child, look through old magazines, find and cut out circles, triangles, squares, and rectangles. Talk about and name the shapes as they are cut out.

Go for a walk and look for circles, rectangles, squares, and triangles.

Play a shape hunt. Ask your child to find something in the house that is shaped like a circle, triangle etc.



Recognize the numbers 1 to 10

At home, ask your child to look for numbers around the house (ex: telephone, clock, mailbox) and name the numbers that he finds.

In the neighborhood, ask your child to name the numbers he finds on license plates, mailboxes, and houses.



Count to 12

Set out 12 stuffed animals or other toys. Ask your child to count them.

After you washed a load of socks, lay them out and count the socks.

Make number cards. Write the numbers 1, 2, 3, 4, and so on up to 12 on index cards, one number on each card. Ask your child to place the correct number of objects (cereal, paperclips, pennies, etc.) on each card.

Write the numbers 1 to 12 on the individual sections of an egg carton. Ask your child to fill each section with the correct number of objects.

Recognize approximately 10 letters

Help your child learn letters by pointing out the letters in his/her name when you see them on books, signs, etc.

At bedtime, use a flashlight to make letters on the ceiling. Ask your child to guess what you're making.

Write a large letter of the alphabet on a piece of paper. Have your child trace the letter with glue and put small objects that begin with the letter on the glue. For example, cotton balls on the letter C or beans on the letter B.

Sort toys and objects with your child by the beginning letter sound. Ask your child to put all the things that start with "c" together: car, candy, can.



Sit for at least 10 minutes

Help your child learn to sit by having him/ her sit on your lap as you read together. The amount of time doing this can be gradually increased up to 10 minutes or more.

Require your child to sit for meals or snacks. This is another way to help him learn to sit.



Practice self-help skills

Your child will need to do the following without help:

- ✓ Use the bathroom
- ✓ Wash his/her hands
- ✓ Put his/her coat on and close it
- ✓ Blow his/her nose using a tissue correctly

Practice each skill every day.

Web sites for additional activities

Pennsylvania Promise for Children:
www.papromiseforchildren.com; Click on "Learning is Everywhere."

The list of skills was developed by the Berks County Pre-K/K Transition Committee based on input from pre-kindergarten and kindergarten teachers. For more information contact Jane Moyer (610-685-4577 or jancemoy@uwberks.org).

Develop fine motor skills

Cuts with scissors

Use "old fashioned" scissors with two loops and blunt tips.

Give him/her old magazines and scrap paper to practice on.



Hold a pencil correctly

Encourage your child to hold the pencil with the tips of her thumb and pointer finger, and resting it on the side of her middle finger.

Have him practice tracing his name, circles, triangles and squares. Use small pieces of crayon or very short pencils.

Follow 1 to 2 step directions

Give simple tasks to your child. For example: Give your child a ball. Ask him to put it under his chin.

When your child follows one step make it a two-step direction: "Put the ball under your chin then above your head."

Develop social skills

Your child will need to:

- ✓ Get along with other children
- ✓ Share
- ✓ Get an adult's attention using his/her words

Plan activities for your child where he/she can play with other children and talk with other adults.



Follow a regular schedule at home

Establish routines at home for:

- ✓ Evening meal;
- ✓ Homework;
- ✓ Bedtime (5 year olds need 10 to 11 hours of sleep each night);
- ✓ Morning.

Children who have a regular routine at home perform better in school.

